

Kiefer Weekly Swim Workout - Beginner

April 15, 2018

Workout #3

Focus: Rotating stroke swims.

Warm Up:

1 lap freestyle swim

2 laps dolphin kick on your back in a streamline

1 lap backstroke swim

2 laps flutter kick on your back in a streamline

150 yards

150 cumulative yards

Progressive Butterfly 25's @ :20 rest

1 lap dolphin kick on your belly, hands on top of the water, shoulder width apart. Try to limit your breathing and work body undulations

1 lap right arm only butterfly, left arm on top of the water. Continue working your kick, two per stroke. One when your hand hits the water, a second as your hand pushes past your hips. Straight arm, long across the water. No air guitar playing! I strongly prefer you breath to the side on the arm you are using.

1 lap left arm only butterfly, right arm on top of the water. Continue working your kick, two per stroke. One when your hand hits the water, a second as your hand pushes past your hips. Straight arm, long across the water. No air guitar playing! I strongly prefer you breath to the side on the arm you are using

1 lap with a good breakout 3-5 underwater dolphin kicks and 4 perfect butterfly strokes. Swim easy freestyle to finish.

The idea here is to practice butterfly ONLY as long as you can maintain EXCELLENT technique.

Repeat all four 25's a second time

200 yards

350 cumulative yards

1 lap freestyle swim

2 laps dolphin kick on your back in a streamline

1 lap backstroke swim

2 laps flutter kick on your back in a streamline

150 yards

500 cumulative yards